

Variable	Mean	SD	Min	Max
Age	34.2	10.5	18	65
Gender	1.2	0.4	1	2
Marital status	1.5	0.5	1	3
Education	12.5	1.5	9	16
Income	3.5	1.5	1	7
Occupation	1.5	0.5	1	3
Religion	1.5	0.5	1	3
Health status	1.5	0.5	1	3
Smoking status	1.5	0.5	1	3
Alcohol consumption	1.5	0.5	1	3
Exercise frequency	1.5	0.5	1	3
Stress level	1.5	0.5	1	3
Sleep quality	1.5	0.5	1	3
Appetite	1.5	0.5	1	3
Weight change	1.5	0.5	1	3
Blood pressure	115/75	10/5	90/60	140/90
Cholesterol level	180	40	120	240
Blood sugar level	90	10	70	110
Hemoglobin level	15	1	12	18
White blood cell count	7000	1000	5000	9000
Platelet count	250000	20000	200000	300000
Urea nitrogen level	10	2	7	13
Creatinine level	1.0	0.2	0.7	1.3
Calcium level	9.5	0.5	8.5	10.5
Phosphorus level	3.5	0.5	2.5	4.5
Potassium level	4.0	0.5	3.0	5.0
Sodium level	135	5	125	145
Magnesium level	1.8	0.2	1.5	2.1
Zinc level	100	10	80	120
Copper level	1.0	0.1	0.8	1.2
Iron level	50	5	40	60
Vitamin D level	20	5	10	30
Vitamin B12 level	400	50	300	500
Folate level	10	2	7	13
Thiamine level	5	1	3	7
Riboflavin level	2	0.5	1.5	2.5
Niacin level	15	3	10	20
Pantoic acid level	5	1	3	7
Biotin level	1	0.2	0.7	1.3
Choline level	10	2	7	13
Inositol level	5	1	3	7
Linoleic acid level	10	2	7	13
Arachidonic acid level	5	1	3	7
EPA level	5	1	3	7
DHA level	5	1	3	7
Protein level	70	10	50	90
Carbohydrate level	130	20	90	170
Fat level	60	10	40	80
Fiber level	25	5	15	35
Water level	2.5	0.5	1.5	3.5
Electrolyte balance	1.0	0.2	0.7	1.3
Acid-base balance	7.35	0.05	7.25	7.45
Oxygen saturation	95	2	90	100
Heart rate	70	10	50	90
Blood pressure	115/75	10/5	90/60	140/90
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